

DECEMBER 2023

Sask Wrestling

Newsletter



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WRESTLING

INTRODUCTIONS

Matt Fedler

Happy Holidays Sask Wrestling Community!

I would like to wish everyone the best of luck and safe travels as the wrestling season gets under way.

While my new role will be taking me to all corners of the province, our first priority is to consult with athletes, coaches, parents and other stakeholders to ensure that SAWA gets the most out of its investment in this new position.

If you have any thoughts or suggestions on how to best grow our sport across Saskatchewan please feel free to reach out to me at Grassroots@SaskWrestling.ca — along with any other questions or concerns you may have.

Cheers!

Matt Fedler, SAWA Grassroots Technical Director

MAP FUNDING APPLICATION OPEN

The application to submit your clubs MAP application and spending plan is now open. Your eligible amounts have been communicated to your clubs, you have until January 15th, 2024 to submit.

If you need to get an application form you can find one on our website [LINK](#)

WCL NCCP WORKSHOP CALENDAR

The WCL has released the dates for upcoming NCCP workshops that will take place online. Dates for the December, January, and February classes can be found [HERE](#)



Newsletter Highlights

An Introductory Message from our new Grassroots Technical Director

MAP Funding applications open

WCL NCCP Workshop dates

Interpodia Registration

SMSCS Monthly Grassroots Educational Zoom Session

DECEMBER 2023

INTERPODIA REGISTRATION

A friendly reminder to ensure you are registered and completed all the necessary requirements to be a member in good standing with Sask Wrestling as soon as possible. With the season moving along quickly we want to make sure that nothing gets in the way of a successful wrestling campaign.

If you need assistance please do not hesitate to contact the office at info@saskwrestling.ca or (306) 975-0822

SMSCS MONTHLY GRASSROOTS EDUCATIONAL ZOOM SESSION

The upcoming SMSCS monthly 'grassroots' educational session at 7:30pm on Wednesday, December 13th on the topic area of Mental Performance in Sport titled "A Goals Pyramid – Helping Athletes Navigate the Mental Side of Sport" hosted in by the Lakeland District for Sport, Culture, and Recreation.

These sessions can be used by NCCP Registered Coaches for 'Locker' education credits, so when registering make sure you add your NCCP number. Only those that actually attend the session will be given a credit.

1. Session Title: "A Goals Pyramid – Helping Athletes Navigate the Mental Side of Sport"
2. Date/Time: Wednesday, December 13, 2023, 7:30pm
3. Registration Deadline: 48 hours prior to the start of workshop - Monday, December 11th.
4. Location: Zoom, Online
5. Cost: No Charge
6. Facilitator: Mark Epp, Mental Performance Specialist

Registration [LINK](#)



Upcoming Events

**Barber Motors Classic
Weyburn
December 10th, 2023**

**Canada Team Trials
Edmonton
December 15-17, 2023**

**Swift Current 24th
Annual tournament
January 27th, 2024**

2024 Dinos Cup Provincial Duals and the Jurassic Classic

Alberta Amateur Wrestling Association would like to invite you to the 2024 Dinos Cup Provincial Duals and the 2024 Jurassic Classic **January 6-7** in Calgary.

Information is now available at the following [HERE](#)

The Jurassic Classic will be an open tournament and will maximize the amount of matches individuals get over the weekend.

Additionally, there will be two simultaneous training camps **January 3-5** at the University of Calgary, one for female athletes and coaches and one for male athletes and coaches.

If you have any questions, please feel free to email: aawaprogramdirector@gmail.com